

# DESERT AIRMAN

Davis-Monthan Air Force Base, Ariz.

Friday, Aug. 8, 2003

## AF unveils plan to test new BDUs

By Tech. Sgt. David Jablonski  
Air Force Print News

Air Force officials announced plans Wednesday for the wear test of a new utility uniform that could replace the current battle dress uniform.

The blue, gray and green tiger-stripe camouflage ensemble includes many new features that are intended to increase functionality and provide a distinctive look for airmen of the 21st century, officials said.

Three hundred uniforms will

undergo wear testing from January to July at the following Air Force installations: Elmendorf, Alaska; Hurlburt Field, Fla.; Langley, Va.; Luke, Ariz.; McChord, Wash.; Ramstein, Germany; Rob-

See **BDU**, Page 3



Photos by Master Sgt. Jim Varhegyi

(Left) Airman 1st Class Jonathan Besko, and Senior Airman Brandi Wyatt; 11th Communication Squadron, Bolling Air Force Base, and (right) 2nd Lt. Arcelia Miller, Air Force special security office, test out the Air Force test utility uniform. The blue, gray and green tiger-stripe camouflage ensemble includes many new features intended to increase functionality while providing a distinctive look for 21st century airmen. The uniforms will undergo wear-testing beginning in January. Airmen from a cross section of Air Force career fields will provide feedback on the fit, durability and functionality of the proposed ensemble that will come in men's and women's cuts and feature distinctive Air Force logos.



## Med Group: speak up, prevent errors in your health care records

By Lt. Col. Connie Miller  
355th Medical Group

A recent report by the Institute of Medicine identified the incidence of medical errors as a serious problem in the health-care system.

"The 355th Medical Group and other health-care organizations have developed programs to improve the system and emphasize patient safety," said Daniel Evans, 355th MDG patient safety manager.

"As consumers, you also play a vital part in helping to prevent medical errors by taking an active, informed role in your health care," said Evans. To do this you need to know your health history, keep track of all the medications you are currently taking and share all your medical information with your providers. Also, you should follow up on the treatment plan agreed upon by you and your provider. Finally, don't be afraid to ask questions about

anything you do not understand. Keep in mind if something doesn't look right, it may not be right, so call it to the attention of your provider.

"Speak Up" is an education and awareness-raising campaign aimed at improving quality of care and patient safety by promoting effective communication and partnership between healthcare professionals and patients.

The "Speak Up" program offers simple advice on how you, as the patient, can make your care a more positive experience.

Speak up if you have questions or concerns and, if you don't understand, ask again. It is your body and you have a right to know.

Pay attention to the care you are receiving. Make sure you're getting the right treatments and medications by the right healthcare professionals. Don't assume anything.

Educate yourself about your diagnosis, the medical tests you are undergoing and your

treatment plan.

Ask a trusted family member or friend to be your advocate.

Know what medications you take and why you take them. Medication errors are the most common health-care mistakes.

Use an ambulatory care center, surgery center, primary care center or other type of health-care organization that has undergone a rigorous on-site evaluation against established, state-of-the-art quality and safety standards, such as those provided by Joint Committee on Accreditation Healthcare Organizations.

Participate in all decisions about your treatment. You are the center of the health-care team.

"At the 355th Medical Group, we want to build a partnership with our patients because we understand that their participation is a

See **Health**, Page 3



### Pool closure

**Comment:** I am a retired veteran attending school in Tucson. Swimming is the cornerstone of my workout. D-M has an outstanding facility and it is a privilege to have the use of this facility. But in recent weeks, the indoor pool has shut down when the lifeguards are sick or unable to work. This morning, the pool was 96 degrees, so swimmers were out of luck. Last week only one day was available to swim. The closures come without warning and info signs are not posted in locker rooms, even though I have requested notice. The staff is cordial but unresponsive to the needs of customers using the pool. This morning I went to the outdoor pool to lap swim at 8 a.m. The personnel didn't have a clue what the schedule was and it wasn't posted at the office.

**Response:** Thank you for your concerns about the pool. We are having difficulty getting lifeguards employed to support our new fitness pool. Funds are available to hire additional lifeguards; however, we have had few applicants. We have recently hired an additional lifeguard which should help the lifeguard situation. We still have lifeguard positions available for qualified individuals who may be interested. If you know of someone who is qualified and interested, we would like to talk to them. Last week, both of our lifeguards fell ill at the same time and, without replacements, we were forced to shut down. Concerning the water temperature, the 97 degree water was due to a malfunction of

the heaters which forced us to close the facility. Our people working in the center should be knowledgeable about all the operations and that situation has been corrected. We are sorry for any inconvenience this situation has caused you and we hope you will continue to visit the fitness center. If you have any further questions or concerns, please contact Robert Gibson, fitness center director, at 228-0022.

### Drag racing

**Comment:** I witnessed two individuals street racing off-base near Tanque Verde and Sabino Canyon, both vehicles had D-M stickers on them. One driver was in uniform. They peeled out, left smoke and were probably going in excess of 80 mph when they got to the next traffic light. One drove a souped up small car and the other drove a big muscle car. These machines were made to race. This should be addressed among the young guys because that is where I see this happening.

**Response:** Thank you for your concern about the driving safety of our community. We do not condone this type of unsafe behavior, and our unit commanders continuously reinforce safe driving habits. While our Security Forces cannot enforce traffic laws off the installation, commanders at all levels will certainly address the poor judgment involved if we can identify the individuals. If you see this type of aggressive driving in the future, please contact the Tucson Police Department, or Pima County Sheriff.



**Col. Larry Stutzriem**  
355th Wing commander

Supporting each other and working together to provide the best programs and services is a goal for all D-M people.

Ideas, suggestions, comments, concerns and kudos are important to make improvements.

The best way to pass along a comment or to get an answer to a concern is to **contact the agency chief or functional managers listed here**. Still no solution? The Commander's Corner phone line is 228-4747.

An e-mail can also be sent to: [355th.Wing.CommandersCorner@dm.af.mil](mailto:355th.Wing.CommandersCorner@dm.af.mil).

**Callers must leave their name, phone number and a message. They will receive a prompt reply in writing or by telephone.** We will honor caller confidentiality, but sometimes we need to contact callers to gather additional information. If a concern is of general interest to the base populace, the response may be published in the *Desert Airman*. Anonymous calls may not be published.

### Agency numbers

AAFES Agencies.....	228-3904	Inspector General.....	228-3558
Accounting and Finance.....	228-4964	Legal.....	228-6432
Chaplain.....	228-5411	Lodging.....	228-4845
Civil Engineering.....	228-3401	Military and Civilian Equal	
Clinic.....	228-2930	Opportunity Office.....	228-5509
Commissary.....	228-3116	Military Personnel.....	228-5689
Family Support.....	228-5690	Public Affairs.....	228-3204
Fitness and Sports Center.....	228-0022	Security Forces.....	228-6178
Haefner Fitness Center.....	228-3714	Services.....	228-5596
Housing Office.....	228-3687	Transportation.....	228-3584



Staff Sgt. Tammie Clark

## Team D-M Mission Spotlight

The 355th Aircraft Maintenance Squadron is a fairly new unit. The unit is building a proud new tradition of excellence in our day-to-day maintenance of A-10, HC-130 and HH-60 aircraft. The 355th AMXS is part of the 355th Maintenance Group.

The squadron motto is 355th AMXS, where maintenance pride ensures the ride. The 355th AMXS strives to perfect leadership qualities, program discipline and teamwork. Visions of the 355th AMXS include standardizing maintenance processes and programs across aircraft maintenance units and building squadron unity.

Senior Airman Russel Van Tuyl II, 355th Aircraft Maintenance Squadron weapons load crew member, installs a chaff/flare cover panel on an A-10.



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## BDU

Continued from Page 1

ins, Ga.; Vandenberg, Calif.; and Wright-Patterson, Ohio. The test will generate feedback about fit, durability and functionality.

"Our intent is to create a uniform that will be distinctive, practical, easy to maintain, comfortable and, most important, a uniform you will be proud to wear," said Gen. John Jumper, Air Force Chief of Staff.

The distinctive Air Force uniform is designed for fit and look, and require less maintenance than the current uniform, said Jumper.

Chief Master Sgt. of the Air Force Gerald Murray said great care is being taken to ensure the best possible uniform is created to meet future needs.

"I believe that one of the great strengths of our Air Force and its airmen is the ability to adapt to new missions, new technologies and an ever-changing world landscape," he said. "This new utility uniform is another example of seeing a need for improvement and moving forward."

"It's important to remember that this is a wear test, and the decision about whether or not to adopt some, all or none of this uniform will be made after considering the results of the test and feedback about how it meets airmen's needs," Murray said.

According to officials, the wash and wear uniform will be easier to maintain and will not require professional laundering or starching.

Officials estimate that home laundering can save up to \$240 in laundry costs over the course of a year.

Unlike the current BDU, the new version comes in men's and women's cuts. The separate women's uniform reflects the growth in the number of women in the service. In the late 1980s women comprised less than 13 percent of the total force; today nearly one in five airmen are women.

Officials said other possible advantages to the uniform include:

— Using the same fabric identified by the Marines as the optimum material for wash and wear characteristics;

— A camouflage pattern that corresponds to the jobs airmen do in most situations that require a utility uniform;

— Recalling the "tiger stripe" camouflage pattern used during the Vietnam War, but with the distinctive Air Force logo embedded multiple times into a color scheme that preliminary testing indicates may provide better camouflage.

Officials are also considering maintenance-free boots and alternative T-shirts.

The uniform patterns are being cut, with production to begin in November. Data collection and analysis, and any potential adjustments, will occur from August through October 2004.

A final decision on the uniform is expected in December 2004. If approved, production could begin as soon as 2005, with a phase-in date to be determined.

## Health

Continued from Page 1

critical factor in helping to improve quality of care and patient safety," said Evans. If you take an active part in decisions about your health care, you are more likely to have a

better outcome.

"Everyone has a responsibility in patient safety, and everyone will benefit from its successes," said Col. Carl Alley, 355th MDG commander. "Please become an active participant in your own care and

consider yourself a member of the patient care team at our clinic."

"In doing so," said Alley, "you will take a leading role in preventing medical errors and making your health-care experience safer."

**209** airmen were saved from the consequences of driving under the influence by the Airmen Against Drunk Driving

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(After duty hours).....228-3121  
Duty Chaplain.....228-5411  
(After duty hours).....228-3517  
Fire Reporting.....911  
Public Affairs.....228-3204  
(After duty hours).....228-7400  
Fraud Waste and Abuse.....228-3177

Base Operations.....228-4315  
Mortuary Officer.....228-5964 or 4414  
(After duty hours).....228-3121  
Command Post.....228-7400  
355th Security Forces Crime Stop.....228-4444  
Safety.....228-5558  
(After duty hours).....909-0316  
Base locator.....228-3347  
TIPS Line.....228-TIPS (8477)

## News Notes

### Weapons load crew competition

The 355th Wing Load Crew of the Quarter Competition will occur today at Building 5251, Bay 1. The 354th Aircraft Maintenance Unit will begin loading aircraft at 7:30 a.m., the 357th Aircraft Maintenance Unit will begin loading at 11:00 a.m. and the 358th Aircraft Maintenance Unit will begin loading at 2:30 p.m. For more information, call Tech. Sgt. Guillermo Castillo at 228-6151.

### AF birthday ball bowling

"A Salute to Freedom," bowling tournament will occur Aug. 15 from 10 a.m. to 4 p.m. A \$10 minimum donation will be taken at the door. Each team will have five members. All proceeds from the tournament will go toward this year's Davis-Monthan Air Force Ball. For more information, call Lydia Contreras at 228-3131.

### Base stock assets frozen

The 355th Equipment Maintenance Squadron Munitions Flight conducts their annual 100 percent warehouse inventory Sept. 1 through 19. During that time, all base stock assets are frozen and support is very limited. Any munitions issue requests after Aug. 15 require an emergency issue letter. For more information, call Staff Sgt. Heather Adkins, 355th EMS, at 228-8283.

### Air Force Ball

The 56th annual Air Force Birthday Ball will be held Sept. 27 at 6 p.m. at the Radisson Hotel located at 181 West Broadway Blvd. More information to come.

### Passes required for visitors

Davis-Monthan Air Force Base personnel are reminded that, regardless of the force condition level, all visitors to base 16 years of age or older need a pass. Passes can be obtained from the visitor's center Mondays through Fridays from 6 a.m. until 10 p.m. and Saturdays, Sundays and holidays from 7 a.m. until 10 p.m. For more information, call the pass and registration office at 228-3224.

**82**  
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# It's HOT ...but how hot is it?

## AF policy on Thermal Injury Prevention

### Heat injuries

#### What to look for and how to treat

##### Heat Cramps

Spasms, usually in muscles or arms  
Results from strenuous work or exercise  
Loss of salt in the body  
Normal body temperature

##### Heat Exhaustion

*Symptoms:*  
Cramps in abdomen or limbs  
Pale face  
Dizziness/faintness/weakness  
Nausea or vomiting  
Profuse sweating or moist, cool skin  
Weak pulse  
Normal body temperature

##### *Treatment:*

Treat for shock  
Lay person down in cool area  
Loosen/open clothing  
Cool body by sprinkling with cool water or fanning (not to point of shivering)  
Give victim cool water to drink if conscious  
Seek medical attention

##### Heat Stroke

*Symptoms:*  
Headache  
Dizziness  
Red face/skin  
Hot, dry skin (no sweating)  
Strong, rapid pulse  
High body temperature (hot to touch)

##### *Treatment:*

Lay person in cool area  
Loosen/open clothing  
Cool body by sprinkling with cool water or fanning (not to point of shivering)  
Give cool water to drink if conscious - Add two teaspoons of salt to one canteen if available  
Seek immediate medical attention  
Treat for shock

*Reference: Air Force Manual 10-100*

### Guide to determining work load

EASY WORK	MODERATE WORK	HARD WORK
-- Walking on hard surface at 2.5 mph with a load less than or equal to 30 pounds -- Weapon maintenance -- Manual arms -- Marksmanship training -- Drill and ceremony -- Tower operations -- Drill and ceremony -- Operations NCOs/officers -- Pilot ground activities -- Command post and unit control center activities	-- Walking on hard surface at 3.5 mph with a load less than 40 pounds -- Walking on loose sand at 2.5 mph with no load -- Patrolling -- Low crawl, high crawl -- Defensive position, construction -- Calisthenics -- Refueling -- Avionics shop -- Aircraft maintenance -- Unit post attack reconnaissance	-- Walking on hard surface at 3.5 mph with a load of more than 40 pounds -- Walking on loose sand at 2.5 mph with load -- Armament crew -- Heavy aircraft repair -- Specialized teams such as nuclear, biological and chemical reconnaissance, search and rescue, - rapid runway repair, - contamination control area, - fire protection, - decontamination, - medical, - damage assessment and repair, - explosive ordnance disposal

Heat Stress Category	WBGT (F)	EASY WORK		MODERATE WORK		HARD WORK	
		Work Rest Cycle	Water Intake Qt/hr	Work Rest Cycle	Water Intake Qt/hr	Work Rest Cycle	Water Intake Qt/hr
1	78 - 81.9	No Limit	0.5	No Limit	0.75	40/20 min	0.75
2	82 - 84.9	No Limit	0.5	50/10 min	0.75	30/30 min	1.0
3	85 - 87.9	No Limit	0.75	40/20 min	0.75	30/30 min	1.0
4	88 - 89.9	No Limit	0.75	30/30 min	0.75	20/40 min	1.0
5	> 90	50/10 min	1.0	20/40 min	1.0	10/50 min	1.0

1. For all work rates, individual water requirement may vary by +/- 0.25 quarts per hour.
2. When performing work/exercise with ground crew ensemble, fire-fighting gear or other similar restrictive or impermeable clothing, add 10 degrees F to the measurement before using the work/rest tables. Add 15 degree to WBGT if also wearing combat armour.
3. Rest means minimal physical activity (sitting or standing) accomplished in the shade if possible.

**Caution:** Hourly fluid intake should not exceed one and a half quarts and daily fluid intake should not exceed 12 quarts. Ingestion of water at greater than one and a half quarts per hour may lead to hyponatremia, also known as acute water intoxication. This is a life threatening condition that may lead to weakness, loss of consciousness, convulsions and death if not recognized and treated properly.

All information is from [https://mdg.dm.af.mil/bioweb/heat\\_stress\\_index.htm](https://mdg.dm.af.mil/bioweb/heat_stress_index.htm). Refer to Air Force Pamphlet 48-151, *Thermal Injury*. AFPAM 48-151 Supports Air Force Policy Directive 48-1, *Aerospace Medicine*.



# CSAF: suicide prevention begins with knowledge

By G.W. Pomeroy  
Air Force Surgeon General  
Public Affairs

Suicide prevention begins with leaders at every level being knowledgeable about resources available to help those in distress. This is the message Gen. John Jumper, Air Force Chief of Staff, wrote to commanders July 21.

In the communique, titled 'Seeking Help and Suicide Prevention,' Jumper urged commanders to encourage airmen to seek help "earlier rather than later."

"The Air Force has established a network of community and medical resources," Jumper wrote. "These resources range from prevention services such as marital-enrichment seminars to individualized counseling."

The Air Force uses an integrated system of chaplains and professionals from mental health, family support, child and youth services, health and wellness centers and family advocacy. All of them

work together and take responsibility for prevention.

"Unfortunately, many distressed airmen never seek these services," Jumper wrote.

Of the 29 suicides among active-duty members during 2002, "only 24 percent sought help from life skills support centers in the month prior to their death," Jumper wrote.

Jumper also addressed a common misconception among airmen: that getting help will damage their careers.

According to Jumper, airmen often confuse medical record entries with personnel information file entries. "Please emphasize that PIF documents misbehavior, not medical or mental health visits," Jumper wrote. "It is highly unlikely a voluntary mental health

visit will have a negative career impact, but may in fact save one's career."

Statistics overwhelmingly support this fact: 97 percent of airmen who self-refer for mental health treatment receive no negative career recommendations.

"We should encourage our people to seek help early, rather than waiting until difficulties become so severe that they impact job performance or

result in administrative action," Jumper wrote.

Suicide rates in the Air Force have declined throughout the last six years. From 1991 to 1996, the active-duty suicide rate was 14.1 per 100,000. From 1997 — the year in which the suicide prevention program was fully implemented — through 2002, the annual aver-

age was 9.1 per 100,000. The service's suicide rate in 2002 was 8.3 per 100,000 people — its second lowest in 20 years.

As of July 21, there had been 19 suicides among active-duty airmen this year — a rate of 9.3 per 100,000. No suicides were among active-duty airmen deployed in Operation Iraqi Freedom.

Despite these positive trends, Jumper emphasized that too many airmen still choose to take their own lives. "These individuals often struggle with relationship problems, financial or legal difficulties, and/or substance abuse. Although these stressors may seem overwhelming, there are alternative ways to cope."

The Air Force's approach to suicide prevention and education has received national recognition, including praise in May 2001 from the then U.S. surgeon general. Dr. David Satcher said the program was a model for the nation and incorporated it into the National Suicide Prevention Strategy.



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# Captain promotions

## Team D-M members receive notices regarding career advancement

**41st Electronic  
Combat Squadron**  
Christa Bjerken; Christopher  
Cochran; Joel Jorgensen  
**354th Fighter Squadron**  
Jana Nyerges; Chris Seager

**355th Aircraft  
Maintenance Squadron**  
Joshua Pope  
**355th Civil Engineer Squadron**  
Phillip Tinkham; Marc Tkach  
**355th Logistics**

**Readiness Squadron**  
Betsy Jensen  
**355th Operations Group**  
Joseph Laws  
**355th Training Squadron**  
Jeffrey Godzik

**355th Wing**  
Jeffrey Black; Aaron Griffith;  
Timothy Rushenberg  
**755th Operations  
Support Squadron**  
Karl Weinbrecht

## New process promotes 816 Air Force lieutenants to captain

More than 800 Air Force first lieutenants have been selected for promotion to captain by the calendar year 2003A quarterly captain selection process - the first through a new decentralized procedure.

During the process, board officials considered 823 lieutenants for promotion in the line, judge advocate general, chaplain, medical service corps, biomedical sciences corps and nurse corps fields.

A total of 816 were selected for an overall 99.1 percent select rate.

The last board under the former central selection process last year had a 99.6 percent select rate.

The entire list is available on the Air Force

Personnel Center Web site at [www.afpc.randolph.af.mil](http://www.afpc.randolph.af.mil).

Based on a policy change allowed by the 2002 National Defense Authorization Act, promotion decisions to captain are now made at the major command or equivalent level.

The intent is to place the decision point for promotion closer to those who know the officers best while saving the Air Force time and money, said officials. This process significantly reduces temporary duty trips for board members and preparation time at the personnel center.

While the opportunity for promotion to captain is 100 percent, those eligible still need to be "fully qualified" before they can be pro-

moted, said officials. First lieutenants must meet the time-in-grade requirement.

In addition, each lieutenant receives a promotion recommendation of 'promote' or 'do not promote' from his or her rater which takes place one year before the quarter he or she is eligible to pin on the new rank.

Those with a 'do not promote' recommendation have an opportunity to refute the recommendation.

For more information, active-duty officers can contact the local military personnel flight, and Reserve and Guard officers can call the Air Force Reserve Personnel Center at (303) 676-6398 or (303) 676-7193. (Courtesy Air Force Personnel Center)

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**BRAKEmax**  
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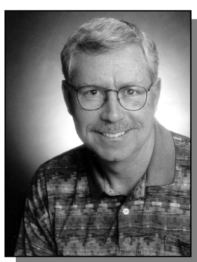
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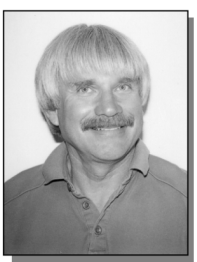
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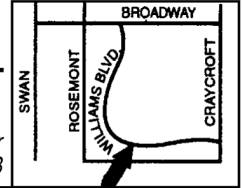
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# America preserving a military edge

By James Roche

Secretary of the Air Force

It is a vitally important time in the history of our nation and for modern civilization as we work to solve the challenges posed by the threat of global terrorism. No longer can we rest on the protections of geographic isolation and

friendly neighbors.

Our position of immunity is being eroded as more nations and rogue groups obtain the capacity to project power over long distances, employing asymmetric weapons and tactics.

More troubling, we can now foresee threats posed by ballistic missiles, cruise missiles and

smuggled chemical, biological or nuclear weapons. We can foresee the prospect of new kinds of attacks, such as computer network attacks and attacks on other critical infrastructure, in which distance is less important and our traditional defenses will likely provide little protection.

The attacks on Sept. 11, 2001,

served notice to the world, not that there was a new kind of warfare, but that the intensity and nature of this asymmetric form of warfare would make defeating it an imperative for our nation and the Western world.

See *Edge*, Page 9

## Final Answer

*How does your job affect the base mission?*



**Airman 1st Class  
Kathy Stemmerich**  
355th Mission  
Support Squadron

*"I take care of the little details that most people don't see for my squadron. I make sure everyone is ready for deployments."*



**Tech. Sgt.  
Dana Wood**  
355th Mission  
Support Squadron

*"I teach leadership, which is the key to success. Leadership is taking care of your troops so they can take care of the mission. Without quality leadership then you will not have a quality mission."*



**Tech. Sgt.  
Jarred Crouse**  
355th Component  
Maintenance Squadron

*"Accuracy starts here with us. We ensure the standards in the field are reliable and accurate to strict tolerances."*



**Master Sgt.  
Gary Coefield**  
79th Rescue Squadron

*"My job is to ensure a full team effort to achieve full mission accomplishment."*



**Airman  
Kali Kappes**  
355th Maintenance  
Group

*"We ensure things like enlisted performance reports, awards and decoration packages are done and suspenses are met. We are the middle man, ensuring corrections are made before the paperwork gets to the Wing."*



**Master Sgt.  
Joseph Ross**  
355th Component  
Maintenance Squadron

*"I provide accurate and repeatable test equipment to the back shops and flight line technicians so their actions are performed with reliability."*

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## Edge

continued from Page 8

The capabilities we deliver — global reconnaissance and strike, and the mobility assets that make it all happen — these are exactly what America needs at this time in our history.

In Iraq, we have again liberated an oppressed people and have begun the process of rebuilding in a very difficult tribal and political climate.

That operation featured the most dramatic illustration to date of what a coalition can accomplish with a just mission, advanced technology, a commitment to joint and combined military operations, and the bravery and creativity of magnificently trained soldiers, sailors, airmen and Marines of several countries. They demonstrated to the world — thanks in part to the embedded media who witnessed firsthand our men and women in action — an impressive level of commitment, remarkable competence and stead-

fast professionalism.

We owe it to them, and the millions of Iraqis who yearn for freedom, to succeed in the rebuilding effort in Iraq, and the wider effort to assure stability and self-determination in the region.

While we are making progress in adapting the armed forces and our Air Force to the new challenges we face, I remain concerned that we can do better to deliver superior combat capability to our men and women.

We must ensure that our armed forces have the tools they need to fight and win our nation's wars — now and in a generation from now. I remain concerned that we are not leveraging our nation's prosperity, our intellectual capital or our industrial base sufficiently to deliver the capability we need to sustain our dominance.

We must remember that the United States doesn't have a patent on "progress." Innovation and technology belong to those who act. And advantage in warfighting goes to the nation —

or in the case of the current world environment, possibly to a rogue group — who figures out how to use that technology best to advance their cause.

This concerns me. And it should concern anyone who cares about giving the best our nation has to offer to the men and women of our armed forces.

This is not an argument against foreign military sales. It is fundamentally a continuing recognition of the need to re-capitalize our own aging fleet of aircraft.

It is time for us to reverse this trend, to make a renewed commitment to investing in the best technology our aerospace industry has to offer for our armed forces, and to streamline our acquisition processes to match the dramatically shorter time lines foreign buyers enjoy when they fund and buy American.

While other nations are modernizing, we continue to employ aging systems that are becoming more difficult to operate and more expensive to maintain. The average age of the operational

Air Force fleet is 23 years. Even with planned aircraft procurements, the total fleet average age is expected to increase to 27 years by the year 2020. And while average age communicates an aggregate picture, in some major design systems, such as the KC-135, some aircraft are approaching 45 years of service.

It is an exciting time to be in our Air Force. We are engaged in developing new strategies and new concepts of operation to meet an entirely different set of challenges and vulnerabilities. Technology is creating dynamic advances in information systems, communications, and weapon systems, enabling us to understand the enemy, deploy forces, and deliver more precise effects faster than ever before.

Our airmen are more educated, more motivated and better trained and equipped than any time in our past, making service today as rewarding as at any other time in our history. (*Excerpts from a speech to the National Security Forum, Maxwell Air Force Base, Ala.*)

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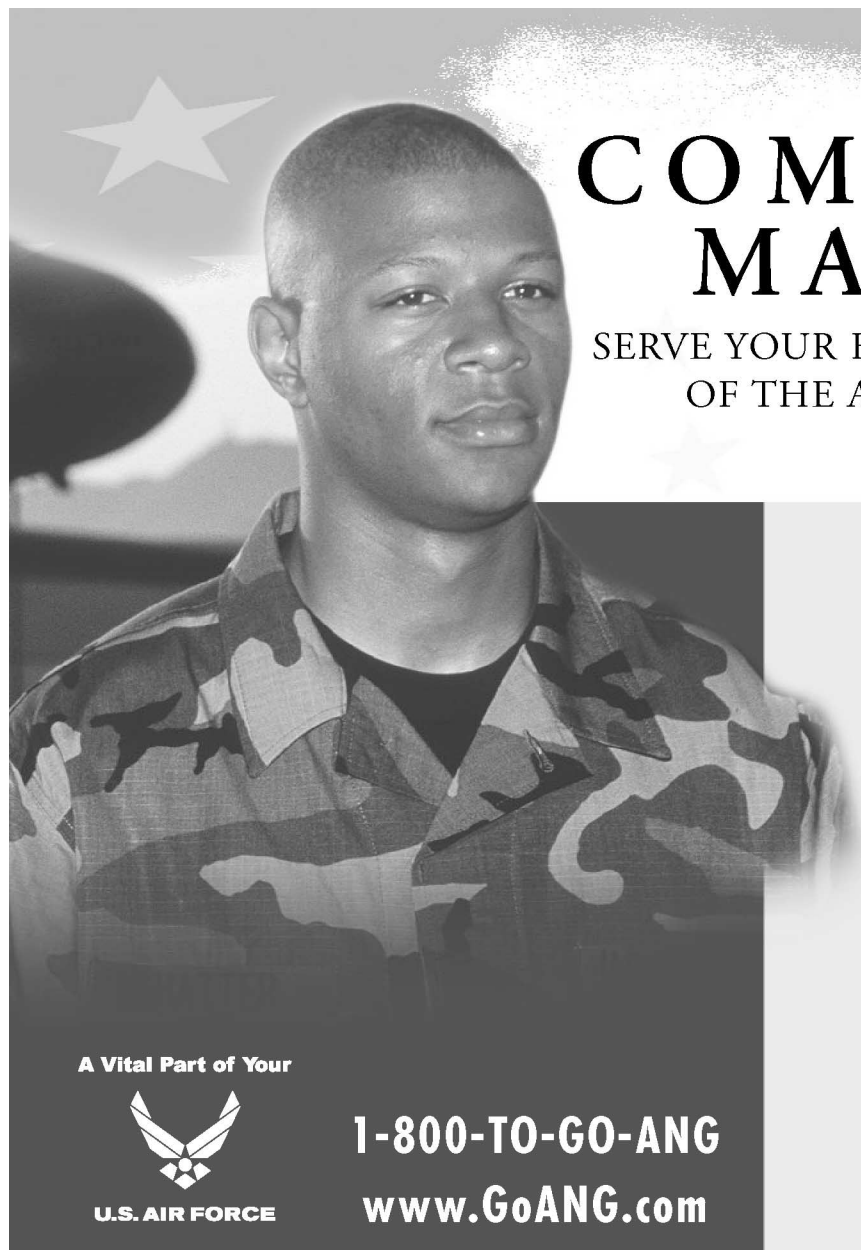
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## Sonoran Spotlight

(Editor's note: Sonoran Spotlight is a weekly feature of the Desert Airman that profiles a member (officer, enlisted or civilian) of the Davis-Monthan Air Force Base Desert Lightning community. Members are nominated by their unit commander or first sergeant.)

**Name:** Staff Sgt. Karena Weston

**Organization:** 355th Maintenance Group

**Duty title:** Resource advisor

**Hometown:** Burlington, Vt.

**Years of service:** 10 years

**Reason for joining the Air Force:**

The first time I joined to see the world (3 year break time in service). The second time I joined to follow my heart.

**Main responsibilities:** I manage the 355th MXG cost per flying hour program and advise the MXG commander on the annual baseline budget.

**Best aspects of job:** The sense of

accomplishment that comes with equipping the MXG flightline maintainer and back shops state of the art support equipment and tools to maintain the best flying fleet in ACC! **Goals:** My goal is to become the best Air Force NCO and financial manager I can be.

**Hobbies/outside activities:** I enjoy scrapbooking and working out.

**Favorite thing about D-M:** My favorite things about D-M is there are no mosquitoes and no snow.

**Inspiration:** My inspiration is my best friend and husband, Jeff. He supports me in all my endeavors.



Staff Sgt. Tammie Clark

## Base names Quarterly winners

Congratulations to the April to June Quarterly Award winners:

**Company Grade Officer of the Quarter**

**Base level:** Capt. Timothy McWilliams, 12th Air Force;

**Wing level:** Capt. Christine Stabile, 355th Medical Group

**Senior Noncommissioned Officer of the Quarter**

**Base and Wing level:** Master Sgt. Richard Goldman, 355th Maintenance Group

**Noncommissioned Officer of the Quarter**

**Base and Wing level:** Tech. Sgt. Gabriel Silva, 355th MXG

**Airman of the Quarter**

**Base and Wing level:** Airman 1st Class Mike Dechant, 355th MDG

**Senior Civilian Employee of the Quarter**

**Base and Wing level:** Robert Moffit, 355th Mission Support Group

**Intermediate Civilian of the Quarter**

**Base level:** John Hinsberger, 12th Air Force

**Wing level:** Stanley Farr, 355th MSG

**Junior Civilian Employee of the Quarter**

**Base and Wing level:** Sherry Jones, 355th MSG

## Congratulations CDC 90's Club

Congratulations to the following airmen who recently received a score of 90 or above on their career development course exams.

**25th Operational Weather Squadron:** Airman 1st Class Tania Garza, Staff Sgt. Donald Morgan; **355th Aerospace Medicine Squadron:** Airman Keumsuk Rea; **355th Aircraft Maintenance Squadron:** Senior Airman Jason Hunt, Airman 1st Class Samuel Allen, Airman 1st Class Jasmine Williams; **355th Component Maintenance Squadron:** Airman 1st Class Charissa Gayou; **355th Equipment Maintenance Squadron:** Staff Sgt. Christopher Attrill, Airman 1st Class Andrew Baker, Staff Sgt. Daniel Singh; **355th Medical Operations Squadron:** Tech. Sgt. Ricky Poppe; **355th Wing:** Staff Sgt. Troy Hawkes; **612th Air Communications Squadron:** Staff Sgt. Patrick Kellaher; **755th Aircraft Maintenance Squadron:** Airman 1st Class Jordan Bartkowiec



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- |           |            |              |
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| BUCKLE    | FITTING    | MULTIPURPOSE |
| CARRIER   | FLAP       | NOSECUP      |
| CLEANING  | FOOTWEAR   | OUTSERTS     |
| DOFFING   | GLOVES     | OVERBOOT     |
| DONNING   | HARNESS    | REPAIR       |
| EYELENSES | HOOD       | VALVE        |
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Refer to Air Force Manual 10-100 for more information on Individual Protective Equipment.

Answer: Becoming an expert in donning the mask and getting an airtight seal is imperative.



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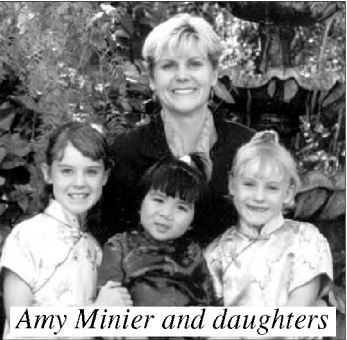
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## D-M children play with arts

By Peggy Skye

The economy-sized pickup with the camper shell, the door stenciled with Missoula Children's Theatre, arrived at the Davis-Monthan Air Force Base Theatre July 28.

Big changes were about to begin. Starting with tryouts, the touring team of Allison and Brian Epperson created a marathon for Davis-Monthan's youths to participate in a full-fledged musical. They learned dancing, singing, blocking and other elements of stagecraft. They also learned plays can be fun.

The tiny red truck provided the play, "Tales of Hans Christian Anderson," with professionally designed scenery, costumes, props, makeup, sound and lighting.

The Eppersons also contributed their extensive talents and amazing ability to work with the children. After a week of intensive rehearsing the youngsters were prepared. Twice Aug. 1 the play was performed at the D-M Theatre. Participants ranged from the ages of 3 to 15 years.

Missoula Children's Theatre is a frequent visitor to the base and several of the children schedule the week as a highlight in the



Photos by Staff Sgt. Lanie McNeal

(Left to right) April McCormick, granddaughter of Anke and retired Army Master Sgt. Chester McDonald, Bruno Loya, son of Perislla and Tech Sgt. Bruno Loya, 162nd Fighter Wing, and Ty Alley, son of Kari and Capt. Troy Alley, 355th Medical Operations Squadron, performed in the Missoula Children's Theatre's Davis-Monthan Air Force Base production of the play "Tales of Hans Christian Anderson."

summer. This year, one child asked his cousin to fly from Iowa to participate with him.

In their early twenties the Eppersons both have degrees in performing arts. In the four months they've been on tour they have produced eight plays and will continue with two more in California. Missoula Children's

Theatre has been visiting cities and bases all over the world for the past 30 years. This year there are 29 touring teams, 23 little red trucks, 800 week long residencies, 1,380 costumes producing six full length fairy tales all across the U.S., Canada, Europe, South America and the Pacific Rim. Outside the U.S. the group's emphasis is reaching children on military bases. Nearly 50,000 children will be involved this year.

"We feel like we're the traveling aunt and uncle," Allison said. They have managed to obtain an enormous amount of hard work, dedication and practice from the children.

Broken into groups for the first four days the children worked diligently on each of their parts. Pacing was fast throughout the week without pressure. The youngsters remained motivated and inter-

ested. The play itself provided easy lessons for the children as well as interest in Hans Christian Anderson, the storyline taught anything is possible, to dream and believe in one's self.

Brian said he and his wife enjoy teaching youngsters about drama. "Children aren't as big a pain in the butt as adults." (Peggy Skye is the mother-in-law of Master Sgt. William Brown, 355th Maintenance Operations Squadron.)



(Left) Allison Epperson, Missoula Children's Theatre, gives the young Hans, played by Cedric Obsorn-Brown, son of Angela and Master Sgt. William Brown, 355th Maintenance Operation Squadron, a hat. (Right) Karisa Teige, daughter of Marcy Teige, 355th Services Squadron, portrayed a cow in the play.





Fitness Center Classes

The following is a list of classes offered at both fitness centers. Class fee is listed if applicable. Other classes are free.

Monday

9 to 9:45 a.m. - Water Aerobics - High Intensity - New Fitness Center  
11 to 11:45 a.m. - Water Aerobics - Medium/High Intensity – New FC  
11 a.m. to noon - Pilates - \$2 - New FC  
11 a.m. to Noon - Step Aerobics - Haeffner Fitness and Sports Center  
Noon to 1 p.m. - Spinning - Haeffner  
5 to 6 p.m. - Step Aerobics - Haeffner  
5 to 5:50 p.m. - Dang Soo Do (8 to 14 yr olds, white and yellow belts) - New FC  
6 to 6:50 p.m. - Dang Soo Do (8 to 14 yr olds, orange belts and up) - New FC  
7 to 8 p.m. - Dang Soo Do (15 years plus) – New FC

Tuesday

10 to 11 a.m. - Senior/Low Impact Aerobics - \$2 - New FC  
11 a.m. to noon - Pilates - \$2 - New FC  
11 a.m. to noon - Step Aerobics - \$2 - Haeffner  
Noon to 1 p.m. - Circuit Training - Haeffner  
5 to 6 p.m. - Step Aerobics - \$2 - New FC  
6:15 to 7 p.m. - Water Aerobics - New FC  
6 to 8 p.m. - Self Defense (Kyokushin) - \$25/month - New FC

Wednesday

9 to 9:45 a.m. - Water Aerobics - High Intensity - New FC  
11 to 11:45 a.m. - Water Aerobics - Medium/High Intensity - New FC  
11 a.m. to noon - Step Aerobics - Haeffner  
5 to 6 p.m. - Step Aerobics - Haeffner  
6:15 to 7 p.m. - Water Aerobics - New FC  
5 to 5:50 p.m. - Dang Soo Do (8 to 14 yr olds, orange belts and up) - New FC  
6 to 6:50 p.m. - Dang Soo Do (8 to 14 yr olds, white and yellow belts) New FC  
7 to 8 p.m. - Dang Soo Do (Adults) - New FC

Thursday

10 to 11 a.m. - Senior/Low Impact Aerobics - \$2 - New FC  
11 a.m. to noon - Pilates - \$2 - New FC  
11 a.m. to noon - Step Aerobics - \$2 - Haeffner  
Noon to 1 p.m. - Circuit Training - Haeffner  
5 to 5:45 p.m. - Water Aerobics - New FC  
5 to 6 p.m. - Step Aerobics - \$2 - Haeffner  
6 to 8 p.m. - Kyokushin - \$25/month - New FC

Friday

9 to 9:45 a.m. - Water Aerobics - High Intensity - New FC  
11 to 11:45 a.m. - Water Aerobics - Medium/High Intensity - \$2 - New FC  
11 a.m. to Noon - Step Aerobics - Haeffner  
Noon to 1 p.m. - Spinning - Haeffner  
5 to 5:50 p.m. - Dang Soo Do (8 to 14 yrs, white and yellow belt) - New FC  
6 to 6:50 p.m. - Dang Soo Do (8 to 14 yrs, orange belts and up) New FC  
7 to 8 p.m. - Dang Soo Do (Adults) - New FC

Saturday

10 to 11 a.m. - Step Aerobics - \$2 - New FC

Sunday

9:15 to 10:15 a.m. - Hi-Low Aerobics - \$2 - New FC

**Reminder:** Active-duty members enrolled in the Fitness Improvement Program have priority in free aerobics classes (per AFI 34-266, para 3.4). Videos are available for check-out at the new fitness center for use in the aerobics room. For more information, call 228-0021 or 228-0022.

Sports Shorts

Sports Volunteer of the Month

Anita Sperling was the team mom for the Major Cubs as well as the Major All Stars. Through her tireless efforts and undying devotion to our youth, she was able to organize baseball buddies with the Tucson Sidewinders and assisted in the planning of many team functions. Congratulations on a job well done.

Salt River tubing trip

Have some cool fun in the sun Saturday down the Salt River. Bring plenty to drink, snacks, lunch and lots of sunscreen. Departs at 7:30 a.m., returns at 5 p.m. Trip cost is \$10 per person (includes transportation only). For more information, call 228-3736.

Bowling tournament

The Triplex Trios bowling tournament starts Aug. 16. Format is best ball. Cost is \$30 per team. For more information, call 228-3461.

Sunset trail ride

Take a horseback trail ride in the cool and beautiful Huachuca Mountains Aug. 16. Departs at 3 p.m., returns at 9 p.m. Cost: \$35. Includes a two-hour ride, barbecue dinner, drinks, and transportation.

Varsity basketball

Tryouts for the Davis-Monthan Men’s Varsity Basketball team begin Aug. 25, at the Haeffner Fitness and Sports Center. Tryouts begin at 7 p.m. Please bring the proper attire to practice in (no shorts with pockets, no excessively baggy shorts, no jewelry). Military dependents and employees of D-M, older than 18 and not in high school are welcome to tryout also. For more information, call George McCauley at 228-5539 or 808-5889.

Basketball registration

Registration for youth basketball begins in September. For more information, call Armando at 228-8365.

Soccer clinic

This clinic is for first time as well as some intermediate players. Emphasis will be on dribbling, passing, heading and conditioning. So if you want to get ready to play soccer, come on out for the clinic Aug. 16 to 22 from 6 to 8:30 p.m. Location will be the baseball fields behind the Shoppette. This clinic is for ages 6 to 12, costs \$25 and includes a practice jersey.

Martial arts lessons

For a limited time, adults and children can receive one week of free Dang Soo Do Mar-

tial Arts lessons at the new fitness center. For more information, call 990-1144.

Varsity soccer tryouts

Tryouts for the men’s varsity soccer team continue each Tuesday and Wednesday at 7 p.m. through Aug. 27 at the football field behind the auto hobby shop. For more information, call Jason Bowersock at 228-9527 or 370-5736

Single? Play golf?

If you are single, 21 or older, and enjoy playing golf, the Tucson Chapter of the American Singles Golf Association invites your participation. For more information, call 798-6338, or visit them on the web at [www.tucsonsgolf.com](http://www.tucsonsgolf.com).

Football Frenzy 2003

The Desert Oasis Enlisted Club is planning another exciting year of Football Frenzy fun. Club customers can expect Football Frenzy 2003 to be even more exciting than last year’s with more great food and drink specials and lots of fun and games. Club members will again be taking home prizes and giveaways plus a chance to win a VIP trip to one of several pro football games. Football Frenzy 2003 kicks off Sept. 8 with Monday Night Football. More Football Frenzy 2003 information will be coming soon.

Fast Lanes

Stop by the center today to get your Fast Lanes “Scratch ‘N Win” game piece. Just purchase a large fountain drink and you could be the instant winner of great prizes. Don’t forget to fill out your Fast Lanes entry form attached to each game piece for a chance to win weekly prizes and a chance to win a collectible NASCAR racing hood replica or a custom framed and autographed photo of Ricky Rudd with the #21 Air Force race car. You might even win the grand prize NASCAR VIP trip to Atlanta Motor Speedway plus attendance at the Coca-Cola Racing Family Reunion and a private dinner with NASCAR drivers. Stop by D-M Lanes for your chance to win! For more information, call 228-3734.

Air Force Marathon

Registration is underway for the 2003 U.S. Air Force Marathon scheduled to be held Sept. 20 at Wright-Patterson Air Force Base, Ohio. The registration deadline is Sept. 4. To register, or for more information, visit the marathon Web site at <http://afmarathon.wpafb.af.mil> or call the marathon office at (937) 257-4350 or toll free at (800) 467-1823.



## Sports Shorts

Continued from Page 15

### Trap, skeet range

Have some fun practicing your marksmanship with the "clay birds" this weekend at the trap and skeet range. The range is open Saturday from 7 to 11 a.m. (note new changes). For information, call 228-3736.

### Family Dollar Days

The D-M Bowling Center presents "Family Dollar Days" every Thursday until Aug. 29. The center will have \$1 fries, shoes, games, nachos and hot dogs all day long. For more information, call 228-3461.

### Winter bowling leagues

Winter bowling leagues start Sept. 2 to 9. Sign-ups are being accepted at D-M Lanes.

The tentative schedule is as follows:

Monday – Officer's Wives Trio at 9:15 a.m.; Phantom Mixed at 6:30 p.m.

Tuesday – Early Riser Ladies at 9:15 a.m.; National Intramurals at 5 p.m.

Wednesday – Lady Pin Rollers at 6:30 p.m.; Scratch Trios at 7:30 p.m.

Thursday – CES Trios at 4 p.m.; Mixed at 6:30 p.m.

Saturday – D-M Youth Leagues at 9:30 a.m. Call 228-3461 for more information.

### Family Night Out

Every Wednesday, families can enjoy Cosmic Bowling from 5:30 to 7:30 p.m. at D-M Lanes. Lanes are only \$10 for a two-hour lane rental or \$20 for a two-hour lane rental and a large one-topping pizza and pitcher of soda. Children younger than 16 receive their shoes for free.

## Scoreboard

### Bowling

#### Tuesday Night Trios

(Week 8)

Team	W-L
2 Da Bar	40-24
The Sandbaggers	39-25
Team Talking 38-26	
Greased Lightning	38-26
The Bud Kings	38-26
Sally's Gone	36-28
Wilson Express	34-30
Banged Up	30-34
Mo & 2 Guys 26-38	
Going Postal	23-41
Maria's Odd Squad	22-42
The Pin Monkeys	20-44

#### Youth/Adult

(Week 10)

Team	W-L
The Fabulous Falks	60-20
The Handicaps	53-27
The 4 Zs	46-34
Great Balls of Fire	41-39
The Marvin Martians	35-45
Daddy's Angels	34-46
The Roller Ballz	27-53
Bowlers Anonymous	24-56

### Golf

#### Tuesday

(Standings current as of June 24)

Team	W-L-T-Pts
12 IWF	6-0-0-53.5
CS	4-1-0-43
12 AF #1	3-1-0-38.5
MSS/WG #1	3-1-0-34.5
LRS #2	3-2-0-33
SFS	1-2-0-17.5
AMXS/358 AMU	1-2-0-13.5
372 TRS/Det 11	1-3-0-22
CMS	1-3-0-19.5
SVS	0-0-0-0

#### Thursday

(Standings current as of June 26)

Team	W-L-T-Pts
MOS	6-0-0-61.5
SVS #1	3-2-1-40
25 OWS	3-2-1-37
EMS	3-3-0-37
612 ACOMS	3-3-0-31.5
MDG	2-3-0-30.5
75 OSS	2-3-0-30.5
79 AMU	2-3-1-24.5
MSS/WG #2	2-4-0-26
LRS #1	1-4-1-19.5



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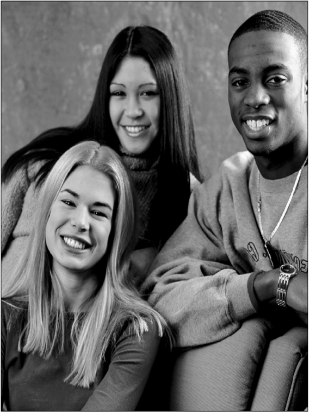
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## Chapel Information

Services and activities offered by the D-M chapel are listed below. Location is at the Desert Dove Chapel unless otherwise noted. The Desert Dove and Hope Chapels share the parking lot at 5385 E. Ironwood. For more information on Jewish or Muslim services; Sunday School programs; Vacation Bible School; Bible studies; youth groups; and women's, men's and family ministry, call 228-5411.

### Catholic Mass schedule

**Saturday:** Mass is at 5 p.m. Sacrament of Reconciliation is at 4:30 p.m.

**Sunday:** Mass is at 7:30 and 10 a.m. Sacrament of Reconciliation is at 9:15 a.m.

**Daily:** Mass and Communion are at 11:30 a.m. at Hope Chapel. Rosary begins at 11:10 a.m.

### Protestant Services schedule

**Sunday:** Contemporary Service is at 8:30 a.m. and Gospel Service is at 11:15 a.m. at Hope Chapel. Traditional Service is at 11:15 a.m.

## Education Services

### University of Arizona South

Attending the U of A has never been easier. They are partnering with Pima Community College to offer the Bachelor of Arts in Education, major in Elementary or Secondary Education. Teaching areas include social studies, political science, history and English. For more information, visit <http://uas.arizona.edu/>, or call Jon Covington at 206-7442.

### Colleges term IV

On-base college Term IV has started and will run through Oct 5. Troy State University runs through Oct. 12. Contact the respective college for additional information.

### CCAF cutoff

Students intending to receive their Community College of the Air Force degree for the October graduation must have all pertinent documentation and requests to CCAF by Aug. 29. Individuals who have already received notification of CCAF degree completion need not act. If you believe you are close to degree completion, call Claudia Rodriguez, CCAF advisor, at 228-3472 or one of the counselors, Michelle Marinelli at 228-4249 or Rafael Maldonado at 228-3484.

### Community College of the Air Force

The fall CCAF graduation is Oct. 27 at 2 p.m. at the officers club. Further information will be sent to graduates. The point of contact is Rafael Maldonado at 228-3484. An Education Fair will immediately follow the graduation. On-base and off-base schools will discuss their college and degree programs.

## Family Support Center

### Sponsor training

To learn how to make a great first impres-

sion for new members assigned to base, attend the sponsorship class Wednesday from 8 to 9 a.m. in Building 3200, Room 266. The class offers useful resources and information. To sign up, call 228-5690.

### Apprenticeship and employment

There is a workshop Thursday from 9 to 10 a.m. in Building 3200, Room 266 for individuals interested in learning a trade, earning an income and moving into a well paying job through Arizona's Apprenticeship Program. To sign up, call 228-5690.

### Welcome home banners

If your spouse is on remote, temporary duty assignment or an extended deployment, join the Hearts Apart group Thursday at the Hope Chapel from 6 to 9 p.m. to make a welcome home banner. Must be registered in the Hearts Apart Program. Free pizza and refreshments provided. For more details and registration, call 228-6017 or 228-2336.

### Time For Tots

The next Time for Tots programs are Tuesday, Aug. 19 and 26 from 9:30 to 10:30 a.m. at the Desert Dove Chapel. Come and meet other parents while the children enjoy some activities. For more information, call 228-5690.

### Transition Assistance Program

There is a TAP Seminar Aug. 20 to 22 from 8 a.m. to 4 p.m. in Building 3200, Room 266. The seminar focuses on preparing departing service members to conduct an effective job search in the civilian marketplace. Individuals are eligible to attend two years prior to their retirement or within a year from separation. For reservations, call 228-5690.

## Happenings

### First 6 Advisory Council

The First 6 Advisory Council provides a platform enabling the enlisted force to express opinions and make suggestions to improve morale and quality of life. While the council's target population is airman basic through technical sergeant, all are welcomed to attend the meetings held the first Wednesday of each month at 3 p.m. at the enlisted club. For more information go to the Intranet and select First 6.

### Attention officers' spouses

All officers' spouses are invited to a free 1950s ice cream social and information fair Aug. 21 at 10 a.m. at the Mirage Officers Club. Come see what the Officers' Spouses Club, our base and Tucson have to offer. For more information, or to make a reservation, call Marla by noon Aug. 18 at 751-9155.

### Volunteers needed

The medical group has a continuing need for volunteers in several rewarding positions

where individuals can put their time and talents to good use. Those who are interested who can commit to a minimum schedule of four hours a week, should contact the medical group volunteer coordinator at 228-2914.

### Thrift shop

Davis-Monthan Thrift Shop, located in Building 3220, is open Tuesdays and Wednesdays from 9 a.m. to 2 p.m. Consignments are taken until 1 p.m. To reserve space for large items and furniture, call 228-2120.

## Movies

Admission is for DoD cardholders and their guests only and is \$3 for adults and \$1.50 for children under 12 and senior citizens. For the theater movie recording, call 228-5694.

### Friday; 7 p.m.: From Justin to Kelly

(PG) The fairytale rise to superstardom of America's favorite "Idols" continues as Kelly Clarkson and Justin Guarini make the leap to the big screen in this summer's biggest beach party. A musical drama, Kelly and Justin meet while on vacation. But they will have to fight the odds in order to save true love. 1 hour, 30 minutes



### Saturday; 2 and 7 p.m.: The Hulk

(PG-13) When scientist Dr. Bruce Banner's experiments fail, they cause him to mutate into a monstrously powerful and savage green-skinned behemoth whenever he loses control of his emotions. But he doesn't remember the transformation. His ex-girlfriend, Betty Ross, may be the only one who understands the link between scientist and the Hulk, but her efforts to stop the military from doing whatever it takes to capture the monster may be too late to save both man and creature. 2 hours, 18 minutes



### Sunday: Alex and Emma

(PG-13) A novelist with a gambling problem decides to try to force himself out of writer's block by putting himself in a dangerous situation. Taking a \$50,000 advance on his next novel to pay off his debts, he agrees to a 30-day deadline. If he doesn't turn in a finished novel by then, the publisher will own anything else he writes for the rest of his life. He hires a beautiful stenographer to help him get the book done in time, who also helps inspire him to write a love story as the two fall for each other. 1 hour, 40 minutes





**The Mirage in August 2003**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Club: 748-0660</b> Club Closes Mon & Tues at 2pm Lunch: M-F 11am-1pm Dinner: Wed-Thurs 5:30-8pm Sunday: Brunch 1030am-1pm	<b>Barber Shop: 748-8968</b> M-F: 8am-5pm	<b>Members receive up to a \$2 discount per person for lunch or dinner.</b> <i>"It Pays to be a Member!"</i>	<b>Join us for lunch Mon-Fri 11am-1pm</b>			
<b>Sunday Brunch!</b> \$14.95 (mbrs receive \$2 discount) 1030am-1pm All of your favorite breakfast & lunch dishes! Kids 6-10, \$3 Kids 5 & under Eat FREE	<b>Monday Lunch Chef's Choice!</b>  <b>Club Closes 2pm Mondays</b>	<b>Tuesday Lunch Smorgasbord Buffet</b>  <b>Club Closes 2pm Tuesdays</b>	<b>Wednesday Lunch BBQ Buffet</b>  <b>Prime Rib Buffet Dinner 5:30-8pm \$13.95</b> (mbrs receive a \$2 discount) Kids eat for \$3.95  Poly Bar Officers' Lounge Opens 4pm Wed Social Hour 5-6pm Free Tacos for members	<b>Thursday Lunch Carved Roast Beef &amp; Ham</b>  <b>2-4-1 Steak/Chicken Fish Night \$14.95</b> Members night only 5:30-8pm  Poly Bar Officers' Lounge Opens at 4pm Social Hour 5-6pm	<b>Friday Lunch Fried Catfish Buffet</b>  <b>Poly Bar Officers' Lounge Opens at 4pm</b> Enjoy Social Hour Food 5-6pm 6:45 Club Bucks Drawing! Hot dog, hamburger or 16oz domestic draft beer only \$1!	<b>Members First</b>
<b>Call Sherry at 228-3301 to book your special functions! (Bookings by appointment only.)</b>						
For current information on Services activities, check out our WEBPAGE at <a href="http://www.dmservicesonline.com">www.dmservicesonline.com</a>						

## Services Activities

### Labor Day barbecue

The Desert Oasis Enlisted Club hosts a Labor Day barbecue starting at 7 p.m. Aug. 31. The menu includes barbecue chicken, potato salad, baked beans and rolls. The bar will be open from 7 p.m. to 1 a.m. with a variety music disc jockey from 8 p.m. to 1 a.m. Tickets are on sale now at the cashier counter for \$3 for members and \$6 for non-members. Tickets will also be available at the door and will be \$6 and \$9 respectively. For more information, call 228-3301.

### ACC hotel discount program

Air Combat Command club members can now receive special discounts at various hotels just by phoning in a reservation and mentioning an exclusive member ID number. Current club members will receive a special brochure with their August club calendars with an ID number to use to obtain discounts of up to 30 percent on many hotels. For more information, call 228-3301 or 228-3100.

### Graphics Design and Awards Shop

The arts and crafts center's Graphics Design and Awards Shop has a wide variety of custom designed plaques and awards. The shop can design small and large plaques and perpetual plaques as well as laser etching and sandblasting on many different items including metal, glass mugs, wine glasses, decanters and much more. Custom brochures and promotional packages are also available as well as business cards and other custom designed pieces. The shop does wedding invitations and graduation announcements too. For more information, call 228-4385.

### Fifth Street Balloon Shop

The Fifth Street Balloon Shop, located in the community center, has a wide selection of balloon bouquets available for all occasions. Customers can choose from a variety of custom made bouquets with extras like coffee cups and special baskets. The shop can even deliver your special bouquet with 24 hours notice and a small delivery fee. Deliveries can be made on-base Mondays through Fridays from 8 a.m. to 4 p.m. The shop now has a special order form to make placing your order easier or fax in your order to 228-7831. For more information on any of their custom made balloon bouquets, stop by the Fifth Street Balloon Shop or call 228-3500.

**DESERT OASIS IN AUGUST 2003**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Cashier Hours:</b> T-F: 11am-5pm  <b>Office Hours:</b> T-F: 9am-4:30pm  <b>TOP 3 Lounge:</b> Fri: Opens 3pm	<b>Shock Wave Lounge:</b> Mon: Closed Tues: 4-9pm Wed-Thurs 4-11:30pm Fri: 3-11:30pm Sat: Closed Sun: Closed	<b>Cabanas 747-3234</b> Mon: 10:30am-8pm Tues-Thurs: 10:30am-9pm Fri: 10:30am-10pm Sat: 1-10pm Sun: 1-8pm	<b>Eat at The Mirage</b> Lunch Served: Mon-Fri 11am-1pm Dinner Served: Wed & Thurs 5:30-8pm	<b>Barber Shop:</b> Mon-Fri: 8am-5pm Sat: 8am-1pm 748-8710		
<b>Don't Forget "All Ranks Sunday Brunch" at The Mirage 1030am-1pm</b>  <b>CLUB CLOSED SUNDAYS</b>  <b>Cabanas Open 1-8pm</b>	<b>Cabanas Open 10:30am-8pm</b>  <b>CLUB CLOSED MONDAYS</b>  <b>Cabanas has Frozen Yogurt by the cup or cone for only .95 cents!</b>	<b>Shock Wave Lounge</b> Karaoke 8-11pm & M.U.G. Nite!! 7-11pm Bring your own mug for \$1 refills! Your choice of Domestic Draft, Soda or Juice (up to 32 oz)  <b>Shock Wave Lounge</b> Taco Wed! FREE tacos 5pm  <b>Shock Wave Lounge</b> 4-9pm	<b>Ladies Night!</b> 7-9pm Reduced Drinks for ladies!  <b>Shock Wave Lounge</b> 4-11pm  <b>Wrecking Crew DJ</b> 7-11pm	<b>Shock Wave Lounge</b> 3-11:30pm  <b>Karaoke</b> 8-11pm  <b>Join us every Friday for "Summer Buck Night!"</b> Hot Dog, Burger, 16oz Domestic Draft or Soda \$1 each for members  <b>Club Bucks Drawing Every Friday 6:45!</b>  <b>Monte's Open</b> 5-9pm	<b>Specials for our under 21 members!</b> DM Members under 21 get all non-alcoholic beverages 1/2 price! Maintain your DM "Z" membership & get credit toward your 21st birthday party at the club! <b>CLUB CREDIT AMOUNTS:</b> 3 months = \$75 6 months = \$150 1 year or longer = \$300	<b>Cabanas Open 1-10pm</b>  <b>Club Closed Saturdays</b>
<b>Call Brenda at 228-3100 to book your special functions! (Booking by appointment only)</b>						
For current information on Services activities, check out our WEBPAGE at <a href="http://www.dmservicesonline.com">www.dmservicesonline.com</a>						

### Join the clubs and travel the world

New and current club members will have the opportunity to win fantastic travel packages worth up to \$5,000 with the club's new "Travel The World On Us" promotion. From Aug. 18 to Oct. 31, members will automatically be entered to win vouchers ranging from \$500 to \$5,000. Vouchers can then be redeemed at the Information, Travel and Ticket Office for travel packages. Members can

also design their own package or purchase sports and entertainment tickets, airline tickets, hotel stays or rental vehicles with their vouchers. In addition, Bank One will offer new and current members a rewards program to include the Premier Value Miles Program or a Free Cash Rewards Program. Stop by the club today and sign up. You could end up sailing away with a terrific vacation package. For more information, or qualification rules, call 228-3100 or 228-3301.



# DESERT AIRMAN CLASSIFIEDS

## Homes for Rent

"Gorgeous 3 bd/2ba. 2 car gar. All appliances, alarm system & A/C. Corner lot, mountain views, very desirable neighborhood on Broadway & Houghton. No smoking/dogs/cats. \$1200. Laura 297-8960"

Beautiful 3BR, 2BA Rita Ranch home near DMAFB. Professional landscaping. A/C. Major kitchen appliances. No Smoking/Pets. \$950/mo. Available 8/1. Richard (520) 818-9534.

3 BED., 2 BA., FAM. RM, 2 1/2 CAR GAR., DUAL COOLING, 2000 SQ. FT. NICE HOME LOCATED 10 MIN. FROM BASE. \$1000.00 PER MO. PLUS \$985.00 DEP. CALL 730-8701 OR 404-1695. 8/8 1T/P.

Spacious home near dmafb. (Pantano/Golf links) 4BR, 2BA, 2CG. 2156 sqft. Near school, park and golf course. Lots of extras! Available NOW! \$1175/mo call 847-921-7275.

Rita Ranch. Beautiful 1200 sq. ft., 2 bdrm/2 ba.+den. 9822 Via De Sisneroz. Comm. Pool. \$825.00/mo. 520-881-0930.

## Homes for Rent

2BR 2BA TH APROX 900sqft, RANGE, REFRIG., W/D HOOK-UPS, FAM RM., COVD. PATIO, XTRA STORAGE, FENCED YARD, BACKS UP TO PARK, COMM. POOL. \$700/MO. RENT, \$700 DEP. MIDVALE PARK, 5398 S. CARRAIGE HILLS DR. 603-1989

1634sqft. 3bd, 2ba, +den, close to DMAFB, Available 9/1/03 \$1100/ mo. + 1100 deposit, no pets 760-3315.

## Homes for Sale

3 bed., family rm., den, loft, formal living & dining area, 2 1/2 bath with two car garage and huge backyard. Asking \$206,999. Contact Roshbanda, 444-3368.

Must Sell Mobile Home, 2-bed, 2-ba., Deck, Awning, DW, Wash/Dry, new stove & more, low lot rent, shade trees, put your BAH to work for you. Please call: 745-4529

PCS to Kirtland, NM. Looking for land, 1.4 acreage with Dbl wide 3BR, 2FB at Albuquerque, NM, Beautiful Mountain views, contact Marie 730-1958.

## Apts. for Rent

1501-1527 S. Woodland (near Craycroft/ 22nd) \$275 studio/ \$315 1BR/ \$445 2BR, 2nd month 50% off, Pool, pets, laundry, friendly residential neighborhood, minutes from DMAFB Call 990-1900

Triplex, Large two bedrooms completely remodeled, tiled thru-out, W/D, D/W, new kitchens & baths, fresh paint in & out, large fenced back yards, close to DM \$550. Month W/ \$550. deposit (No pets) 5752 E. 28th St (b,c,d) 743-4495 / 548-5181. 8/8 1T/P.

## Motorcycles

1999 Kawasaki ZX-9. Very good condition. Lost interest and am ready for quick sale. Low, low miles approx. 4500. Bike is on base and can be seen anytime. Please call and make offer. Call 514-0663.

kx 250 less than 10 hours ride time. procircuit pipe & silencer. \$6000.00 275-0773

1998 Kawasaki ZX6R, 10,000 Miles, green/white/purple, Muzzy full system exhaust, custom seat covers, smoked windscreen, garage kept, helmet & gloves included, \$3500, Call 520-744-8852

## Cars & Trucks

1993 Grand Am SE 2.3L 16v DOC. Ice Cold AC! AT, AM/FM/CASS, PS, PB, PDL, TILT, CC. Runs Excellent, car has been taken care of. First \$2900 takes it! 889-2844 or 400-9087.

Blue 1985 chevy celebrity wagon, runs \$500 call 670-0298

Pontiac Grand PX-IX 2001, s13, 900 OBO Contact Marie 730-1958.

1997 F-150 XLT SuperCAB 4X4, Power everything, AT, Towing, Bedliner, sliding rear window, everything works, truck runs excellent! \$3,000 below Blue Book. \$9,500. 889-2844 or 400-9087.

## Cars & Trucks

2001 VW GTI GLX 2 door Silver 25,800 miles \$17000 OBO too many features to list please call 520-250-7985 or e m a i l kernet@hotmai.com.

1984 Nissan 300ZX T-tops, 5spd, cold A/C, lots of new parts, runs great. \$1500.00 OBO call 512-8075

1999 Chevy S-10 Extended Cab Extreme. White with gray interior. 50,000 miles. AC, cruise control, sprayed bedliner, 2.2 liter, tinted windows, warranty. Asking \$11,300. POC Rudy @ 271-9574.



Your "Lifeline" in dealing with Terminal Illness and Loss

- Emphasis on quality of life and pain management during the end stages of life
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**NEW ROYAL KIA LOCATION: 4635 EAST 22ND STREET**

# ATTENTION:

**10 YEAR**

**100,000 MILE WARRANTY PROGRAM**

## E1-E4

**10 YEAR**

**100,000 MILE WARRANTY PROGRAM**

# AUTOMATIC CREDIT APPROVAL

**WWW.USMILES.COM or 1-520-790-4132**

**EVERY NEW 2003 KIA GETS ADDITIONAL \$500 ACTIVE MILITARY DISCOUNT**

**AUTOMATIC LOADED!**  
New '03 Kia Sedona  
**\$15,995\***

Starting at

MSRP.....	\$20,260
Rebate.....	\$2,000
Additional Discount.....	\$1,265
Your Price.....	\$16,995
Owner Loyalty (if you qualify).....	\$1,000*
Your Price.....	\$15,995

**Brand New 2003 Kia Rio**  
**\$5,995\***

Starting at

MSRP.....	\$9,745
Rebate.....	\$1,000
Additional Discount.....	\$1,750
Your Price.....	\$6,995
Owner Loyalty (if you qualify).....	\$1,000*
Your Price.....	\$5,995

**AUTOMATIC LOADED!**  
New '03 Kia Sorento  
**\$18,995\***

Starting at

MSRP.....	\$21,360
Rebate.....	\$1,000
Additional Discount.....	\$365
Your Price.....	\$19,995
Owner Loyalty (if you qualify).....	\$1,000*
Your Price.....	\$18,995

**AIR CONDITIONING CD**  
New '03 Kia Spectra  
**\$8,995\***

Starting at

MSRP.....	\$12,795
Rebate.....	\$2,500
Additional Discount.....	\$300
Your Price.....	\$9,995
Owner Loyalty (if you qualify).....	\$1,000*
Your Price.....	\$8,995

**AUTOMATIC & AIR**  
New '03 Kia Rio Cinco  
**\$10,995\***

Starting at

MSRP.....	\$13,515
Rebate.....	\$1,000
Additional Discount.....	\$520
Your Price.....	\$11,995
Owner Loyalty (if you qualify).....	\$1,000*
Your Price.....	\$10,995

**AUTOMATIC LOADED!**  
New '03 Kia Optima  
**\$12,995\***

Starting at

MSRP.....	\$17,045
Rebate.....	\$2,000
Additional Discount.....	\$1,050
Your Price.....	\$13,995
Owner Loyalty (if you qualify).....	\$1,000*
Your Price.....	\$12,995

**Royal KIA**  
*Make every mile count.*

The Dealership That's Different

\*Add tax, title and \$179.50 doc fee. Prices include all rebates including owner loyalty. \$1,000 for any current Kia owner - purchased new or used and ALL original Kia owners regardless of whether you still own your Kia. No trade required. All customers required to show proof of ownership (copy of finance, lease agreement, or bill of sale). Fleet and rental company vehicles are not eligible for this program.

4635 E. 22nd Street  
www.royaltucson.com

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22ND STREET  
4635 EAST  
22ND STREET

SWAN ROAD  
MEMBER  
SOUTHERN ARIZONA



# DESERT AIRMAN CLASSIFIEDS

## Cars & Trucks

1993 (V-8), 4X4, Grand Cherokee Jeep, Tow package, Brand new tires, Fully loaded, Viper Alarm, \$8,500 OBO, Retail over \$9,000 contact John 721-7280

03 Polaris Predator, Purchased Feb 03. Has every aftermarket part available, 3 year full warranty. 10 hours on it, in beautiful condition, worth \$9700 as it sits but will sacrifice for \$7400. Call Kevin or Karin at 248-8773 or 889-7878 after 4 p.m.

1991 toyota Corolla runs great \$2500 OBO call Jeremy @ 751-2618

1976 Datsun 280Z Coupe, Runs great \$800 OBO, 808-3574

1990 Chevy Cavalier, Automatic, AC, good interior, Runs Great, \$975 OBO, 808-3574

## Help Wanted

Experienced **wait staff & cooks needed** at **Continental Cafe' 9431 E. 22nd St. FT/PT. Apply in person** 2-4 pm. Tues-Fri.

## Furn. & Appliances

Brand new Serta King mattress set, 16' thick, double pillow top, w/ frame \$350, Queen set, nice quilted, \$150. Full set \$125 Like new Simmons King mattress set \$250. 573-6950.

Full size bed with headboard \$150.00 Please call 664-0469 eves.

Free wooden 5 shelf bookcase and white girls metal daybed frame. Call Kristi @ 228-3631.

7-piece dinner table set, \$150.00/OBO, Washer & Dryer set \$250.00/OBO, \$150.00 Each, Queen-Size therapeutic mattress/boxspring/frame, \$250.00/OBO. E-Mail James.Armer@DM.AF.MIL

## Furn. & Appliances

GE side by side refrigerator with icemaker \$425 OBO contact John 721-7280

Black Sony Stereo System with 5 speaker surround sound and cabinet \$300 OBO contact John 721-7280.

Frigidaire washer and dryer set. 2 years old. Excellent condition. \$400 for both! Call 591-5940.

Black Panasonic 27" Television multisystem \$250 OBO contact John 721-7280

Imported Chandelier \$125.00 OBO contact John 721-7280

## Furn. & Appliances

Full size wooden bed with mattress and box spring \$175 OBO contact John 721-7280

## Furn. & Appliances

King size bedroom set which includes two night stands, headboard, w/ dresser & mirror, asking \$600, call Brian 400-7878.

## Relaxation

*Touched by an Angel!*  
319-2525  
AngelsHeaven.com

## August 2003 Special!

*Come in this month and take advantage of our August 2003 Special!*

**\$3.00 Tans \***

**FIRST TAN FREE FOR NEW CLIENTS**

**CARIBBEAN SUN**  
1800 E. Ft. Lowell  
321-0887

**DESERT TAN**  
7883 N. Oracle  
797-4073

**SUNSACTIONS**  
1708 E. Speedway  
324-0600

**RAPID TAN**  
6356 E. Broadway  
750-1986

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As part of a military family, I am a veteran of eleven PCS moves! I can identify with your wants and needs!

### • Accounting & finance degree

As a licensed CPA, I can explain the financial implications of your choices and help find the right solutions for your particular situation.

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Southern Arizona's largest real estate company. I have the tools and strategic partners to make this move your best!

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Call me today!**

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Royal Suzuki 5920 E. Speedway



**ATTENTION:  
E1-E4**



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**NEW 2003 SUZUKI XL-7**  
**V-6 ENGINE**  
**AUTOMATIC**  
AIR CONDITIONING, KEYLESS ENTRY  
POWER WINDOWS/LOCKS, 6 DISC CD  
**\$17,500\***



**\$500 MILITARY DISCOUNT**  
MSRP.....\$21,734  
Rebate.....\$2,000  
Additional Discount.....\$1,234  
Your Price.....\$18,500  
Owner Loyalty (If you qualify).....\$500  
Military Rebate (If you qualify).....\$500



5920 E. Speedway

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\*Add only tax, license & \$179.50 doc fee. All rebates applied. \$500 Owner loyalty if you've ever owned a Suzuki. Must qualify. See dealer for details. Military rebate for Active and Reserve Military Personnel. \*\*Finance on approved credit, add only tax, license & \$179.50 doc fee. 0% Financing in lieu of rebates.

# DESERT AIRMAN CLASSIFIEDS

## Misc. for Sale

MOVING SALE:  
KENMORE WASHER/  
DRYER - LIKE NEW - \$250  
OBO TWIN METAL BUNK  
BEDS W/1 NEW MATTRESS  
- \$150 OBO EMERSON  
MICROWAVE - \$50 OBO  
call 790-2282

Minnkota electric motor,  
30 lbs thrust, \$45.00 Bat-  
tery, deep cycle, used  
less than two weeks,  
\$40.00 825-3213. 8/8 1TP.

2003 Corvette wheels.  
Perfect condition. Fac-  
tory, not cheap after-  
market. Must sell! \$900  
OBO. 275-6231.

Mirrored Glass T-tops  
from 1992 Camaro. Will  
fit all previous years up to  
1992 Camaros, Firebirds,  
Trans Ams. Great condi-  
tion! \$100 275-6231

Brand-new set of four 16-  
inch ASA wheels. Silver  
w/machined riveted lip.  
Very Sharp! Will fit all  
Camaros/Firebirds/Trans  
Ams. \$500 OBO 275-6231

Century SnugRide  
Carseat with 5-level Ad-  
justable Base & Infant  
Head Support \$30 (Paid  
\$99) 885-6100.

3-in-1 Graco Pack-n-Play  
includes Playpen,  
Changing Station, and  
Bassinet \$50obo (Paid  
\$120) 885-6100.

Pond equipment - incl.  
pump, pond, bucket  
and liner \$150.00. Please  
call 664-0469 eves.

Yamaha CDC-735 Com-  
ponent CD player, good  
shape, \$50, 5 disk Carou-  
sel black with orange  
backlight and remote,  
contact Hans at 748-  
1301 or 228-9168.

Going PCS? Buy here -  
Sell there. New Master  
Tow Dolly, tilt-bed, HD  
2,720 GVWR, with  
straps and spare tire.  
Used once \$800. 572-  
3719.

## Misc. for Sale

Lawn Mower with rear-  
bagger for sale. Runs  
great. Lawn mower is  
on base and can be  
seen anytime. Will de-  
liver. \$75.00 Call 514-  
0663 for more details.

Brand new Bra for '97-'03 Cor-  
vettes. Perfect condition! A  
must for those wanting to  
keep their front bumpers in-  
tact. \$90 275-6231

Black 5 story Farrett  
cage for \$175. Also  
balck 2 story farrett cage  
for \$75. Prices are nego-  
tiable. Ask for Vicki. 250-  
1269, cages still new.

Gateway Computer,  
Hard drive: 19.0 GB,  
Memory: 127.0MB, Pro-  
cessor: 1000 MHZ, OS:  
Windows Millenium, USB  
Ports: 2, Nic Adapter:  
linksys 100TX Fastlink, Mo-  
dem: Generic. Printer.  
\$500 OBO. 403-8749

MTX Thunderform Ampli-  
fied Enclosure (CF10A) w/  
10-inch sub. Fits perfectly in  
all '93-'03 Camaro/Trans  
Am/Firebird driver's side rear  
cargo hole. \$275 275-6231

Canon Bubble Jet  
Printer, \$40; Panasonic  
Camcorder with bag,  
like new, \$300. Call 514-  
1913 for information.

## Pets

Female Amer Bulldog/  
Boxer mix - 9 mos old  
loving, friendly dog. \$75  
- 664-0469.

Free kittens (5 wks old),  
Will be ready for new  
family in one week.  
House broken, very lov-  
ing. Call 731-8408 leave  
message before 1800.

Spotted Grey Tabby Kit-  
ten Has Shots and First  
Vet Exam \$20 440-5478

Free to good, responsible  
home: 7 month old Rottie/  
Lab/Boxer mix, male, play-  
ful, good natured, how-  
ever, allergies cause search  
for new home. Call Kevin  
and Karin at 248-8773 or  
889-7878 after 4 p.m.

## Pets

Free 1yr old Calico Cat.  
House broken, very lov-  
ing, current shots.  
PCSing must give  
away. Call 731-8408  
leave message before  
1800.

8 Pure-bred Austrailian  
Shepherd pups born 8  
July. Mix of m/f black tri  
and blue mearle call  
Mike or Tammy 889-2999  
for details

## Reward

\$1000 reward for cat,  
Call 419-3355 24/7, wht  
with drk blk & gry coat  
ocean blue eyes blk  
diamnd on forehead wht  
flea collar drk blk stripes  
on frnt legs

## Lost & Found

I FOUND A VALUABLE  
OBJECT ON WEDNES-  
DAY, MARCH 19, 2003,  
ON THE BASE. IF YOU  
DISCOVERED THAT YOU  
LOST SOMETHING ON  
THAT DATE, PLEASE CALL  
ME. 298-5533. 4/18 TFN.

Huge lot of beads and  
jewelry findings, \$75.  
Call 514-1913 for infor-  
mation.

FOUND: Expensive  
piece of jewelry found  
in front lawn on Albro  
Blvd. Call 731-9267.

## Garage/Yard Sales

Multi-family yard sale  
friday and saturday at  
3333 mustang dr.

## Wanted

Wanted: Old lawn  
mowers, running or not.  
Any condition. Will pick  
up. Call 514-0663

## Psychic Reading

### PSYCHIC READINGS

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Reveals Past, Present  
and Future. Advice on  
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# ATTENTION: E1-E4

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#### 2002 HYUNDAI ACCENTS



Automatic, Air Conditioning, 4-Door, #P11665  
**\$7,995\***  
from...  
**NO MONEY DOWN**  
**\$149\*\***  
PER MONTH

#### 2003 KIA SPECTRAS



Automatic, Air Conditioning, CD Player, #P11673  
**\$8,995\***  
from...  
**NO MONEY DOWN**  
**\$169\*\***  
PER MONTH

#### 2003 SUZUKI AERIO SX



Automatic, Air, 6-Disc CD Changer, Alloys,  
Rear Spoiler, #P11686  
**\$11,995\***  
from...  
**NO MONEY DOWN**  
**\$219\*\***  
PER MONTH

#### 2003 V-6 KIA OPTIMAS



Automatic, V-6, Air Conditioning, CD Player #P11677  
**4 UNDER 50 MILES!**  
**\$12,995\***  
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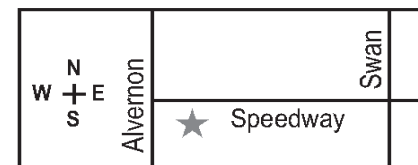
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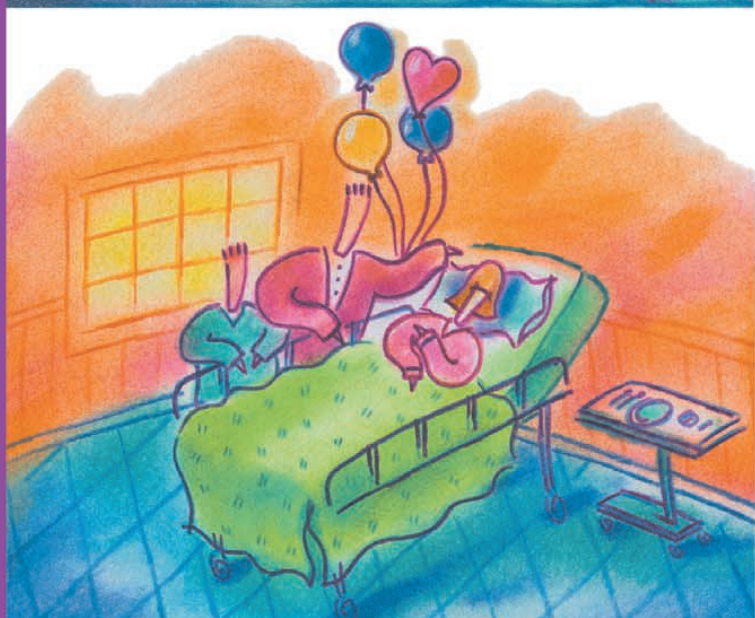
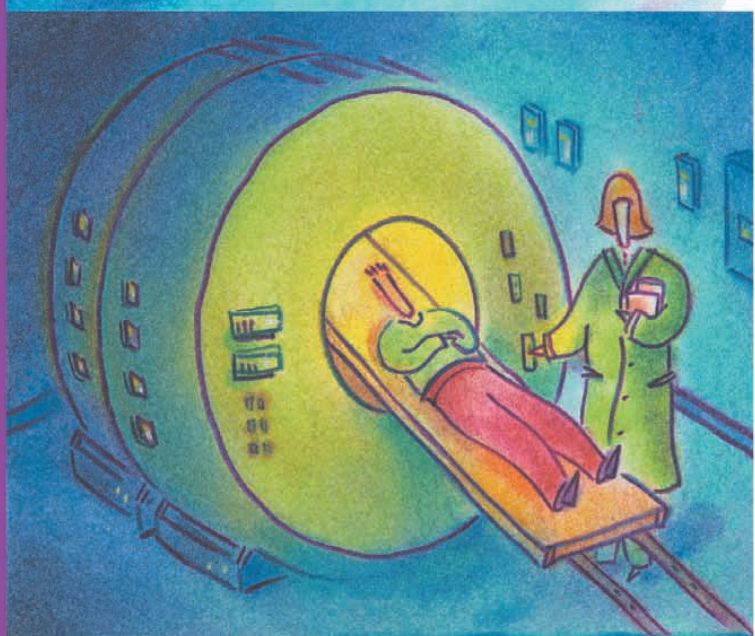
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# A CARONDELET HEALTH TIP

## Watch Your Step

by John P. Powers, DPM, Podiatric Surgery

Every day your feet endure roughly 8-10,000 steps. Many women endure those steps in high heels. This is the primary reason women have, according to the American Podiatric Medical Association (APMA), about four times as many foot problems as men.

High heels may be a major problem for women, but they aren't the only problem. Pregnancy and age are just some of the factors which play a role in foot health.

The APMA determined that high heels — pumps with heels of more than two inches — are biomechanically and orthopedically unsound. High heels may contribute to a variety of foot problems including knee and back problems, injuries resulting from falls, shortened calf muscles, and an unnatural gait.

If you're a slave to fashion you can alleviate some of the high heel damage. Limit the time you wear high heels by alternating with more comfortable, naturally fitting shoes for part of the day.

Nylon stockings can cause foot woes, too. Because nylon doesn't breathe it creates a warm, damp area around your feet, inviting fungal infections (athlete's foot). The abrasiveness of nylon combined with a tight-fitting shoe is a recipe for blisters. Even more detrimental are tighter fitting support hose.

Pregnant women should take special precautions with their feet. Pregnancy changes the entire body, but supportive, shock-absorbing shoes with broad-based heels help swollen feet and ankles to bear the weight of those changes. A podiatrist should be seen if unusual foot discomfort is experienced.

Fat pads on the bottom of the foot deteriorate as you age, so older women experience more foot trouble than younger women do. Cushioned shoes are crucial, as is a soft flexible upper that conforms to the natural shape of the foot. Wearing leather shoes that "breathe" help prevent skin irritations on the feet.

If you experience continued pain an examination by a foot and ankle specialist is in order. Attempts at self-treatment can cost you not only time and money, they might make the problem worse. Preventing foot problems can be as simple as a wardrobe change and a little extra care — a small price to pay to avoid the agony of "de feet."

Dr. Powers practices Podiatric Medicine and Surgery in Tucson and Green Valley. Call (520) 319-3283 for an appointment.

Have a health or medical question you'd like answered?  
Call the Carondelet Query Line at (520) 873-3335 or send it via email to [chn\\_mktg@carondelet.org](mailto:chn_mktg@carondelet.org).  
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